

# COMMISSION ON PEACE OFFICER STANDARDS AND TRAINING

POST News

July 2021

## ADMINISTRATION

**Mike Sherlock**

*Executive Director*

**Chris Carter**

*Deputy Director*

**Amanda Socha**

*Executive Assistant*

**Tina Baldassare**

*Business Process Analyst*

**Adam Houle**

*Facilities Supervisor*

**Katelyn Morse**

*Admin*

## STANDARDS

**Kathy Floyd**

*Chief*

**Dean Paris**

*Training Specialist*

**Cindy Lee**

*Program Officer*

**Kelly Engels**

*Admin*

## TRAINING

**Greg Bennallack**

*Chief*

**Warren Turner**

*Academy Commander*

**Vacant**

*Training Specialist*

**Richard Moore**

*Training Specialist*

**KC Haase**

*Training Specialist*

**Kayla Parsley**

*Admin*

775-687-7678

See our website for more

Information: [post.nv.gov](http://post.nv.gov)

And Facebook at

[Facebook.com/NVPOST](https://www.facebook.com/NVPOST)

## POST Commission Meeting

A regularly scheduled commission meeting was held July 12, 2021 at the POST Administration Office.

Discussion was had regarding clarification of the requirements for the Executive Certificate. This will be addressed at future meetings.

Two officers have been suspended for Noncompliance of annual training requirements for 2020:

James Scally – Department of Corrections

Steven Menger – Laughlin Township Constable's Office

The next Commission meeting is tentatively set for November 8, 2021 @ 1:00pm in Las Vegas.

## POST Physical Fitness Test (PPFT)

POST will be offering the POST Physical Fitness Test (PPFT) Administrator Course which will be taught "virtually" online via computer: **Thursday, August 12, at 1:30 PM PDT**. Successful completion of this course will allow administration of the PPFT for any official purpose in accordance with POST policy.

\*Please note, effective July 1, 2021, POST will no longer recognize this as certified training hours for continuing education purposes\* To register please visit the "forms" section of the POST website: <https://post.nv.gov/Forms/> to download the "PPFT Administrator Course Nomination Sheet"; completed nominations and questions should be forwarded to Kayla Parsley at the POST Training Division at

[kparsley@post.state.nv.us](mailto:kparsley@post.state.nv.us) or by fax at (775) 687-4911.

## The POST Basic Academy/Training Division has several items available for donation on a first come-first serve basis.

Available in "as-is" condition are:

24 – Motorola HT750 two -way radios

4 Motorola HT750 multi-port charging stations

19 Body Vison L3 Body cameras and charging station

17 Motorola automated ticket writers

3 Motorola ticket-writer charging stations (multi)

7 Prima Facie Body cameras and charging stations

30 PR-24 batons

This equipment is available for inspection by interested agencies. For further information contact Academy Commander Warren Turner at

[wturner@post.state.nv.us](mailto:wturner@post.state.nv.us) or 775-687-3359.

This communication is intended for all of Nevada Law Enforcement. Please forward this document or make it available to anyone for which the material may be of interest. This document is also available from the Home page of <http://post.nv.gov>

**Training Vehicles Needed**

Nevada POST is currently in need of training vehicles. Vehicles should be in fair shape with no major mechanical issues. If any agency has any leads on patrol vehicles now, or in the near future please contact Adam Houle at (775) 687-3314, or email at [ahoule@post.state.nv.us](mailto:ahoule@post.state.nv.us)

**Wheels needed**

Do you have any spare 18" wheels for Ford or Dodge Police Vehicles that you are looking to donate? Specs: black, steel wheel, 18 x 8, 5 Spoke, 5 stud/lug. If so, please contact Adam Houle at 775-687-3314 or [ahoule@post.state.nv.us](mailto:ahoule@post.state.nv.us)

**POST Dorm Improvements**

Do you have a foosball or ping pong table you would like to get rid of? POST is accepting donations to update our cadet dayroom. Please contact Adam Houle at 775-687-3314 or [ahoule@post.state.nv.us](mailto:ahoule@post.state.nv.us)

**Update – Smart 21 Online Course and Exams Transition**

POST has begun the process of transitioning the content previously hosted on the NVeLearn system to the new state "SuccessFactors" learning system. We are taking a "phased" approach and the first material that will go "live" will be our POST Carson City basic law enforcement academy content and exams; and the PPFT Administrator Course. Once this content is evaluated for functionality through the month of August and deemed successful, we anticipate that all state peace officer certification exams, testing for First Line Supervisor and Management Module 6 courses, and the online reserve and reciprocity training programs will go "live" in September, with any remaining courses fully migrated before winter. We also anticipate hosting future livestreaming training events for those outside agency or academy personnel with responsibility for hosting online exams, and providing job aids on how non-state employees can establish a SuccessFactors account. We will continue to provide updates and announcements through our various communication methods, including here.

**POST 2021 Professional Development Course Calendar**

POST is offering the following courses for the remainder of 2021:  
 POST First Line Supervisor Program (80 hours) August 16-26, 2021, Located at POST in Carson City. Note – this course will consist of ten hours of instruction each day plus one hour for lunch, 0700-1800, Monday through Thursday.

Click here ( <https://post.nv.gov/Forms/> ) for the Professional Development Course Registration form.

The POST Management program is made up of seven modules that meet the requirements of NAC 289.260 for the Management Certificate. More information about the program may be found in the training section on the POST website. Supervisory and managerial peace officers may begin the first five self-paced independent study modules at any time by contacting Chief Greg Bennallack at [gbennallack@post.state.nv.us](mailto:gbennallack@post.state.nv.us) to enroll. Module 6 (40 hour classroom block) is tentatively scheduled for early 2022.

**Reciprocity PPFT's**

A schedule for upcoming Reciprocity PPFT dates for Southern Nevada was sent out to all agency SPOC's. If you did not receive the email, or need a copy of this notice, please contact Dean Paris at [dparis@post.state.nv.us](mailto:dparis@post.state.nv.us).

To schedule Reciprocity PPFT's for Northern Nevada, please contact Academy Commander Warren Turner at [wturner@post.state.nv.us](mailto:wturner@post.state.nv.us).

**First Line Supervisor instructors needed:**

POST will be sponsoring a First Line Supervisors Course in Carson City, August 16-26 and we are searching for experienced supervisors and managers who are interested in teaching course blocks. If interested please contact Chief Greg Bennallack at [gbennallack@post.state.nv.us](mailto:gbennallack@post.state.nv.us) or (775) 687-3311.

This communication is intended for all of Nevada Law Enforcement. Please forward this document or make it available to anyone for which the material may be of interest. This document is also available from the Home page of <http://post.nv.gov>



**Are you a new SPOC for your agency?**

Don't forget to take our SPOC training for more information regarding how to:

- Add a new Peace Officer's employment
- Updating a Peace Officer's employment
- Completing a Basic Certificate Application
- Entering training, both professional and annual compliance
- Applying for professional certificates
- Certifying a course
- Changing or decertifying a course

Click [here](#) to access the training.

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**Have questions?**

Click [here](#) to find the answers in our POST Administration Manual.

**Attn: Agency SPOC's and Agency Administrators**

In 2012, NAC289.235 was created to provide an alternate route to suspension or revocation of a basic certificate. Not only can an officer decide to surrender his basic for reasons of his/her own, an agency can provide this option when negotiating a termination agreement, as part of a plea agreement during a trial, or even as part of a settlement agreement.

The "Voluntary Surrender of Basic Certificate" is located on the POST website, under the Forms tab.

The POST Commission can suspend/revoke once an officer has been sentenced, but an agency, or the officer themselves, can utilize this option at any time.

**SPOC's and Agency Administrators**

Please be sure to send an Agency Contact Update Form when you have any changes to your agency SPOC, Agency Administrators, or Agency address, especially personnel changes or email changes. This form can be found on the POST website, under the Forms Tab. If you are unsure of who we have listed as your agency contacts, please email Kelly Engels at [k.engels@post.state.nv.us](mailto:k.engels@post.state.nv.us)

**Academy Instructors**

Nevada POST is currently establishing a list of qualified/certified instructors who are interested in teaching at the Basic Academy. We are particularly interested in establishing a cadre of instructors in the following disciplines:

<b>ASP Baton</b>	<b>E.V.O.C.</b>	<b>Assailant</b>
<b>Taser</b>	<b>ALERRT/</b>	<b>SFST</b>
<b>O.C.</b>	<b>Active</b>	<b>ARIDE</b>

If you are a certified instructor in any of the above disciplines, or any other areas of expertise, and interested in instructing for the POST Basic Academy, please contact Academy Commander Warren Turner at 775-687-3359 or email: [wturner@post.state.nv.us](mailto:wturner@post.state.nv.us)

**Nevada POST Management Program Library**

POST has four sets of textbooks available for loan.

- The books are available on a first come, first serve basis.
- The books must be requested by the agency, not by the individual.
  - **Maximum** checkout period is **ninety days**.
  - Shipping will be covered by the requesting agency.
  - All textbooks shall be returned in original condition.
- The requesting agency will accept responsibility for damaged or misplaced textbooks.

Please contact Ms. Kayla Parsley for textbook availability and checkout procedure.

[kparsley@post.state.nv.us](mailto:kparsley@post.state.nv.us)

Thank you for your interest and participation in the POST Management Program.

Gregory Bennallack, Training Division Chief

**NRS/NAC & POST  
Regulations**

Certification from POST  
requirements.

[NRS 289.550](#)

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**Reciprocity Eligibility  
Requirements**

**Nevada Reciprocity  
Training Course**

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**Peace Officer Defini-  
tions by Category.**

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Minimum standards for  
appointment

[NAC 289.110](#)

**Upper Body Exercises to Also Challenge Balance**

By Richard Moore, POST Training Specialist

In May I wrote about the importance of challenging your balance “mechanism” through exercise and outlined some lower body exercises to do this. Poor conditioning of the balance and stability mechanisms can lead to injury and suboptimal physical performance when it is most needed on the job. This month I want to continue the theme by suggesting some exercises that target core and upper muscle groups but also do a great job with challenging your body’s balance mechanism.

1. **“Dead Bug”**: This is a great core training movement that can be used by persons of all levels of fitness to challenge many of the smaller muscle groups that assist in balance as well as your main core muscles. Lie on your back with your arms extended up towards the ceiling so they form a ninety-degree angle with your torso. Bend your hips to bring your thighs up to a ninety-degree angle to your torso, with your shins parallel to the floor. This is the starting position. While engaging your core muscles and keeping your lower back in contact with the floor, slowly straighten and lower your right leg moving the heel towards the floor, while simultaneously lowering your left arm with elbow straight to the floor above your head. Your opposite leg and arm should remain in the starting position. Move slowly while inhaling. Once your arm and leg are extended straight but without allowing the heel to touch, slowly return them to the starting position while exhaling, then reverse your limbs and repeat. Do enough reps to challenge yourself, but if your form begins to degrade, you should stop. Once you note improvement and can do eight or ten reps on each side at a time, you can challenge yourself by lifting both legs at once, or for an even more advanced challenge rest your lower back on a BOSU ball and keeping your upper torso and head off the floor as you perform your repetitions while maintaining good form.

2. **“Plank with flying plane arms”**: Start in the high plank position, or what the military and POST calls the front leaning rest, or “push-up” position, with your hands shoulder-width apart. Keep your body in straight alignment. While keeping your hips stable and your core engaged, balance on one arm while lifting the other arm up in front of you to eye level, with your elbow straight. Then in a controlled swinging motion, move it straight out to your side to an “airplane wing” position, back to the front, then return your hand to the floor. Repeat with the other arm. Continue reps, switching hands, until your form begins to fail, then stop. As your fitness improves you should be able to work up to three sets of twelve or so reps.

3. **“Lifted heel arm sequence”**: This requires appropriately-sized dumbbells or hand weights based on your fitness level. Start by standing with your feet together but not touching, knees pressing in towards each other and slightly bent, holding the weights in each hand down by your sides. Lift your heels off the floor about two inches, resting your weight on the balls (front) of your feet. Hold this position as you perform a bicep curl with both hands simultaneously, moving directly from the curl into a front shoulder press, and then returning the weights to your starting position by extending your arms straight out in front of you in a controlled movement. Try to perform at least eight repetitions while keeping your heels in the air. Your core should be engaged throughout the movement to keep your lower back straight, and your arm movement should be slow and controlled, smoothly flowing between the dumbbell curl, press, and arm extension. Your center of gravity should feel unstable which forces your body to engage smaller muscle groups to keep you upright. As your fitness level increases you can increase the size of the weights, bend your knees deeper, or introduce additional instability by standing on a soft mat.



**Reserve Program**

The Reserve program has been updated! For enrollment packets, please see the Forms Tab on the POST web-site.

If you have any questions or need assistance with this program, please call or email Kayla at (775)687-3310 or

[kparsley@post.state.nv.us](mailto:kparsley@post.state.nv.us)

**Reciprocity Reminder**

As a reminder per the Commission meeting in September of 2018 all POST Physical Fitness Tests for Reciprocity will be administered by a POST staff member.

For all Southern Nevada tests please contact Dean Paris at 775-687-3348 or [dpar-is@post.state.nv.us](mailto:dpar-is@post.state.nv.us) For all Northern Nevada tests please contact Warren Turner at 775-687-3359 or

[wturner@post.state.nv.us](mailto:wturner@post.state.nv.us)

**POST Professional Certificates Awarded**

POST is proud to list the following officers that have been awarded Professional Certificates during the month of May

<p style="text-align: center;"><b>Carlin PD</b></p> <p>McKinney, Kevin L.; Management</p> <p style="text-align: center;"><b>Carson City SO</b></p> <p>Bueno, Jason J.; Advanced</p> <p>Mays III, Earl A.; Executive</p> <p style="text-align: center;"><b>Clark Co Dept of Juvenile Justice Svcs</b></p> <p>Brooks, Jason T.; Advanced, Intermediate</p> <p>Houston, Justin J.; Advanced, Intermediate</p> <p>Koglin, Adam P.; Advanced, Intermediate</p> <p>Rhynes, Anthony L.; Advanced, Intermediate</p> <p>Rios, Mercedes A.; Advanced, Intermediate</p> <p>Wallace Jr., Marcus E.; Advanced, Intermediate</p> <p style="text-align: center;"><b>Clark Co School District PD</b></p> <p>Calaway, Dusty G.; Intermediate</p> <p style="text-align: center;"><b>Douglas Co SO</b></p> <p>DeRosa, Salvatore; Intermediate</p> <p>Schemenauer, Jeffrey M.; Management</p> <p style="text-align: center;"><b>Henderson PD</b></p> <p>Holguin, John A.; Intermediate</p> <p style="text-align: center;"><b>LV Metro Detention Center</b></p> <p>Cambier, Zach J.; Advanced, Intermediate</p> <p>Game, Michael W.; Advanced, Intermediate</p> <p>Hammack, Jeffrey A.; Advanced, Intermediate</p> <p>Morales, Novelta K.; Advanced</p> <p>Ortiz-Alexis, Angela M.; Intermediate</p> <p>Robb, Darrell S.; Advanced, Intermediate</p> <p>Stoll, Thomas F.; Advanced, Intermediate</p>	<p style="text-align: center;"><b>LV Metro PD</b></p> <p>Bledsoe, Daniel N.; Executive</p> <p>Coates, Laura J.; Intermediate</p> <p>Dransfield, William L.; Advanced</p> <p>Eberling, Justin J.; Supervisor</p> <p>Farris, Richard D.; Advanced</p> <p>Garcia, Marhlene S.; Intermediate</p> <p>Hoffman, Bobby L.; Advanced</p> <p>Iacullo, Michele C.; Advanced, Intermediate</p> <p>Jegge, Alexander M.; Advanced</p> <p>Kikkert, Jon P.; Intermediate</p> <p>McDonald, Darryl A.; Intermediate</p> <p style="text-align: center;"><b>Lyon Co SO</b></p> <p>Bronk, Andrew W.; Intermediate</p> <p style="text-align: center;"><b>NV Dept of Public Safety</b></p> <p>Barbieri Jr, Joseph M.; Supervisor</p> <p>Charles, Chad A.; Intermediate</p> <p>Martin Jr., Joel T.; Supervisor</p> <p>Simpson, James T.; Executive</p> <p style="text-align: center;"><b>North LV PD</b></p> <p>Brooks, Daniel G.; Advanced, Intermediate</p> <p style="text-align: center;"><b>Nye Co SO</b></p> <p>Blackburn, Jason A.; Supervisor</p> <p style="text-align: center;"><b>Reno PD</b></p> <p>Molina, Daniel R.; Advanced, Intermediate</p> <p style="text-align: center;"><b>Sparks PD</b></p> <p>Crawforth, Christopher F.; Executive</p> <p style="text-align: center;"><b>Washoe Co SO</b></p> <p>Edwards, Anthony L.; Advanced, Intermediate</p> <p>Mosley, Timothy J.; Supervisor</p>
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